WHAT IS CLAIMED IS:

- 1. A method of forming a tungsten film on a semiconductor substrate, the method comprising:
 - (a) depositing a tungsten nucleation layer on the semiconductor substrate;
- (b) depositing a tungsten bulk layer on the nucleation layer using a chemical vapor deposition (CVD) process; and
- (c) depositing a tungsten cap layer on the tungsten bulk layer using a pulsed nucleation layer (PNL) deposition technique.
- 2. The method of Claim 1, further comprising repeating (b) and (c).
- 3. The method of Claim 1, further comprising repeating (b) and (c) multiple times.
- 4. The method of Claim 1, wherein (a) comprises: positioning the semiconductor substrate in a reaction chamber; heating the semiconductor substrate; and performing PNL on the semiconductor substrate using a tungsten-containing gas and a reducing gas.
- 5. The method of Claim 4, wherein the reducing agent is a silane.
- 6. The method of Claim 1, wherein (b) comprises exposing the semiconductor substrate to a process gas comprising one or more of the following:

 WF_6-H_2 , $WF_6-B_2H_6$, and $W(CO)_6$.

- 7. The method of Claim 1, wherein (c) comprises:
- (i) flowing a reducing gas into a deposition chamber holding the semiconductor substrate, whereby the reducing gas is adsorbed onto said semiconductor substrate;
 - (ii) purging the reducing gas from the deposition chamber;
- (iii) flowing a tungsten-containing gas into said deposition chamber, whereby said deposited reducing gas is substantially reduced to a tungsten film;

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- (iv) purging the tungsten-containing gas from the deposition chamber; and
- (v) repeating (i) through (iv) for one or more additional cycles.
- 8. The method of Claim 7, wherein the reducing gas is a silane.
- 9. A method of forming a tungsten film on a semiconductor substrate, the method comprising:
- (a) depositing a tungsten nucleation layer on the semiconductor substrate by contacting the semiconductor substrate with alternating pulses of a tungsten-containing gas and a reducing agent in the presence of nitrogen; and
- (b) depositing a tungsten bulk layer on the tungsten nucleation layer by a CVD process in which the semiconductor substrate is exposed to nitrogen.
- 10. The method of Claim 9, wherein (a) comprises performing PNL by alternating exposure of the semiconductor substrate to the tungsten-containing gas and the reducing agent.
- 11. The method of Claim 9, wherein the nitrogen employed in (a) comprises between about 1 and 20% by volume of the total gas flow to the semiconductor substrate.
- 12. The method of Claim 9, wherein the nitrogen employed in (b) comprises between about 1 and 20% by volume of the total gas flow to the semiconductor substrate.
- 13. The method of Claim 9, wherein (b) comprises exposing the semiconductor substrate to a tungsten-containing gas selected from the group consisting of WF₆ and W(CO)₆ and combinations thereof.
- 14. The method of Claim 9, wherein (a) comprises delaying exposure of the semiconductor substrate to nitrogen until after deposition of the tungsten nucleation layer has begun.

- 15. The method of Claim 14, wherein the delay between the start of the tungsten nucleation layer deposition and exposure to nitrogen is between about 0.25 and 1 second.
- 16. The method of Claim 9, wherein (b) comprises delaying exposure of the semiconductor substrate to nitrogen until after deposition of the tungsten bulk layer has begun.
- 17. The method of Claim 16, wherein the delay between the beginning of tungsten bulk layer deposition and exposure to nitrogen is between about 0.25 and 1 second.
- 18. The method of claim 9, wherein (a) comprises stopping exposure of the semiconductor substrate to nitrogen prior to completion of the deposition of the tungsten nucleation layer.
- 19. A method of forming a tungsten film on a semiconductor substrate in a reaction chamber, the method comprising:
 - (a) forming a boron layer on the semiconductor substrate;
- (b) contacting the boron layer with a tungsten-containing gas to thereby reduce the tungsten-containing gas to a tungsten layer on the semiconductor substrate;
- (c) contacting the semiconductor substrate with a reducing agent to form a layer of reducing agent; and
- (d) contacting the layer of reducing agent with the tungsten-containing gas to thereby reduce the tungsten-containing gas to another tungsten layer on the semiconductor substrate.
- 20. The method of claim 19, wherein (a) comprises decomposing a borane compound on the semiconductor substrate.
- 21. The method of claim 20, wherein the borane compound is diborane.
- 22. The method of claim 20, further comprising heating the semiconductor substrate to a temperature of between about 200 and 400C and contacting the semiconductor substrate with the borane compound in the vapor phase.

- 23. The method of claim 22, wherein the vapor phase comprises a nitrogen carrier gas in addition to the borane compound.
- 24. The method of claim 22, further comprising purging the reaction chamber of the borane compound after contacting the semiconductor substrate with the borane compound in the vapor phase.
- 25. The method of claim 19, wherein the semiconductor substrate is contacted with the borane compound for a period of between about 0.1 and 10 seconds.
- 26. The method of claim 19, wherein the tungsten-containing gas of (b) and (d) has the same composition.
- 27. The method of claim 19, wherein the tungsten-containing gas of (b) comprises WF₆.
- 28. The method of claim 19, wherein the semiconductor substrate is contacted with the tungsten-containing gas in (b) for a period of between about 0.1 and 10 seconds.
- 29. The method of claim 19, wherein the layer of reducing agent formed in (c) is a self-limiting layer.
- 30. The method of claim 19, wherein the layer of reducing agent formed in (c) is a silane.
- 31. The method of claim 19, wherein the reducing agent in (c) comprises a boron-containing compound.
- 32. The method of claim 19, further comprising repeating (c) and (d) for at least one cycle.

- 33. The method of claim 32, wherein the duration of contacting with the tungstencontaining gas in an earlier cycle is shorter than the duration of contacting with the tungstencontaining gas in a later cycle.
- 34. The method of claim 19, wherein the duration of contacting with the tungstencontaining gas in (b) is shorter than the duration of contacting with the tungsten-containing gas in (d).
- 35. The method of claim 19, further comprising exposing the semiconductor substrate to a pulse of WF₆ prior to (a).